



MENTAL WELLNESS SUMMIT

VIRTUAL SUMMIT TIMELINE

EARLY YEARS 2021

- 0:00 Land Acknowledgement
00:42 Opening video
01:59 Opening remarks with *Sara Orlesky and Suzi Friesen*
03:43 Project 11 student interviews with Winnipeg Jets #4 *Neal Pionk* and #27 *Nikolaj Ehlers*
- 06:34 *Mindful Movement Intermission with Heather from the Yoga Barre*
- 11:58 *Big Daddy Tazz* reads I Like Myself by Karen Beaumont
23:28 Music Therapist *Allison Shiach* sings A Tickle in my Tummy
27:21 Professional Point of View with *Dr. JoAnn Unger*
30:47 Project 11 student interviews with Winnipeg Jets #88 *Nate Beaulieu*
- 32:46 *Mick E. Moose workout with AJ Zeglen from Focus Fitness*
- 36:05 Pet Love with *Crystal Hanson, Malachi* and *Jets' Pets*
40:27 Legendary children's entertainer *Fred Penner*
- 49:17 *Joyful Movement with popular Instagram dancer Gurdeep Pandher*
- 54:22 Closing remarks from *Sara and Suzi*
55:25 Gratitude Waterfall featuring Project 11 student art and music from *Allison Shiach*





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MIDDLE YEARS 2021

00:00	Land Acknowledgement
00:48	Opening video
02:31	Opening remarks with <i>Ace Burpee and Suzi Friesen</i>
04:16	<i>Garden City Collegiate</i> Student Tik Tok
07:05	Student Interview with Manitoba's own musical phenom <i>Faouzia</i>
13:45	Professional fan <i>Cameron Hughes</i> talks with local music artist <i>Don Amero</i> about sharing your gifts
22:48	<i>Great Wooden Trio</i> Storyteller - The Nightingale and the Crow
30:53	<i>Movement Break with Ace Burpee and Ainsley McSorley</i>
36:36	Thoughtful Moments with local comedian <i>Big Daddy Tazz</i>
40:46	Student Interview with Project 11 ambassador and Jets alum <i>Mark Stuart</i> and Manitoba Moose Assistant Coach <i>Marty Johnston</i>
46:59	Interview with Winnipeg Jets #3 <i>Tucker Poolman</i>
49:15	Illusionist <i>Darcy Oake</i> with Manitoba Moose Head Coach <i>Pascal Vincent</i>
56:22	Interview with Olympian and soccer star <i>Desiree Scott</i>
59:03	Interview with Winnipeg Jets #2 <i>Dylan DeMelo</i>
1.01:14	Message from <i>Kevin Chief</i>
1.04:01	<i>Movement Break with the Norman Chief Dancers</i>
1.09:06	Professional point of view with <i>Dr. Meaghen Johnston</i>
1.12:59	Message from Manitoba Moose #32 <i>Kamerin Nault</i>
1.14:53	Story with <i>Kim Davis</i> NHL's Executive VP of Social Impact, Growth Initiatives and Legislative Affairs
1.20:23	Interview with Winnipeg Jets #88 <i>Nate Beaulieu</i>
1.23:23	<i>Movement Break with Winnipeg Punjabi Arts Academy Instructors Ranveer and Arun</i>
1.27:25	Closing remarks with Ace and Suzi
1.28:56	Peg-City Re-Mix with <i>Sher-e-Punjab Winnipeg, Winnipeg Bhangra Club, Winnipeg Punjabi Arts Academy</i>





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SENIOR YEARS 2021

Please be aware that some segments make mention of sensitive topics that may cause an emotional reaction, a few of our guests share their story of recovery, growth and advocacy in an effort to help end the stigma around mental health.

If you are in need of support, please reach out to a trusted adult or a community service. You can find a list of organizations on our website www.projecteleven.ca under additional resources on our resources page.

- 00:30 Land Acknowledgement
- 01:04 Opening video
- 02:37 Opening remarks with CJOB's *Greg Mackling* and *Project 11's Suzi Friesen*
- 04:10 Interview with local musician *Garrett Neiles*
Performance by *Garrett Neiles*
- 11:15 Project 11 student interview with Winnipeg Jets #1 *Eric Comrie*
- 14:29 Interview with Winnipeg Jets Assistant General Manager and Director of Hockey Operations and General Manager of the Manitoba Moose *Craig Heisinger*, Winnipeg Jets alum and Project 11 ambassador *Mark Stuart* and Manitoba Moose Assistant Coach *Marty Johnston*
- 21:46 Interview with local musical phenom *Faouzia*
Minefields video with *Faouzia* and John Legend
- 30:23 Message from Winnipeg Jets #11 *Nate Thompson*
- 32:48 Message from author *Allan Kehler*
- 36:34 *Garden City* Student Tik Tok
- 38:34 Interview with Miss Canada and Mechanical Engineer *Courtney Mandock*
- 44:39 *Movement Break with AJ from Focus Fitness*
- 47:03 Interview with *Project 11 students from Australia*
- 49:44 Interview with Winnipeg Jets #10 *Bryan Little*
- 51:32 Professional point of view with *Dr. Jitender Sareen*
- 54:44 *Don Amero* sings *Won't Give Up*
- 59:00 Closing remarks from *Greg and Suzi*
- 1.00:30 *Movement Break with Caroline Beaudoin*

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